DRUGS OF ABUSE

Given a drug select from a list the drug classification

Drugs of Abuse

- This presentation will give a brief introduction and effects on the following drugs of abuse:
  - Depressants
  - Stimulants
  - Hallucinogens
  - Club Drugs

Central Nervous System (CNS) Depressants

What are CNS Depressants?

- Drugs that depress the overall functioning of the Central Nervous System (CNS).
- CNS Depressants are drugs that can slow down normal brain functions.
- Depressants are used to induce sedation, muscle relaxation and drowsiness.

Side Effects of Depressants

- CNS Depressants effect the human body by:
  - Slowing Reflexes
  - Impairing Judgment and Concentration
  - Causing Slurred / Incoherent Speech
  - Impairing Vision
  - Loss of Coordination
  - Creating feelings of euphoria and/or depression

Types of CNS Depressants

- Alcohol (the most common depressant)
- Barbiturates – Depressants that are used as sedatives or anesthetics.
- Benzodiazepines – Depressants that are used as sedatives in low doses and hypnotics in larger doses. Rohypnol and Valium are benzodiazepines.
- Quaaludes – Also known as ludes; Quaaludes were extremely popular in the early 70's.

Testing for Depressants

- Depressants can be detected in the users urine for up to three days depending on the drug, but most tests must be special requests through he Armed Forces Institute of Pathology (AFIP).
- Alcohol testing is performed through evidentiary breath measuring devices and blood alcohol tests.

Stimulants

What are Stimulants?

- Drugs that speed up the overall functioning of the Central Nervous System (CNS).
- Drugs that produce feelings of energy and often times feelings of euphoria.
- Drugs that induce false feelings of self-assertion and enhanced motivation.
- Stimulants are often used during dieting to help curb ones appetite.

Side Effects of Stimulants

- **Stimulants effect the body in several ways:**
  - **Increased heart and respiration rates.**
  - **Increased blood pressure.**
  - **Decreased appetite.**
  - **Dizziness / Nausea**
  - **Loss of coordination**
  - **Increased anxiety**
  - **Loss of consciousness / fainting**

Types of CNS Stimulants

- **Caffeine – The most commonly used stimulant.**
- **Ritalin – Ritalin and some other stimulants are often prescribed to treat children with Attention Deficit Disorder.**
- **Amphetamines – Some types of amphetamines are used to treat people with narcolepsy and severe obesity.**
- **Methamphetamine**
- **Cocaine**
- **Crack Cocaine**

Testing for Stimulants

- Amphetamines can be detected in the user's urine for up to 4 days.
- All Army urinalysis specimens are tested for Amphetamines.
- All specimens that test positive for amphetamines are tested for MDA, MDEA and MDMA (designer drugs such as Ecstasy).

Hallucinogens

What are Hallucinogens?

- Hallucinogens are drugs that produce hallucinations.
  - Hallucinations are instances when the user believes that he/she sees or hears something that is not actually there.
- Drugs that alter the users perception of reality.
- Hallucinogens are also known as psychedelics.
- Users who use hallucinogens often describe their time spent on the drug as a trip.

Side Effects of Hallucinogens

- While the side effects of hallucinogens are difficult to predict, the majority of users experience:
  - Muscle twitches
  - Dilated pupils
  - Body tremors
  - Nausea
  - Increased heart rate / blood pressure
  - Bad Trips – Severe anxiety / panic attacks, frightening hallucinations, paranoia, feelings of going crazy.

Types of Hallucinogens

- LSD (Acid, Trips, Tabs)
- Psilocybin (Magic Mushrooms)
- Mescaline
- Phencyclidine (PCP)
- MDMA (Ecstasy)
- Ketamine (Special K)
- Peyote
- N,N-dimethyltryptamine (DMT)

Testing for Hallucinogens

- Most hallucinogens are detectable in the user's urine for 1-3 days following ingestion.
- The Army tests for the following hallucinogens:
  - LSD – On a rotational basis
  - MDMA – Every specimen is tested for MDMA
  - PCP – On a rotational basis
  - Psilocybin – Psilocybin requires a special test, contact your local ASAP for more information.

Club Drugs

What are Club Drugs?

- Club drugs are drugs that have a similar chemical make-up as other illicit drugs.
- Club drugs were originally created in order to elude laws against similar controlled substances.
- Club drugs have often been associated with raves, and are also called “Designer Drugs”.
- Most Club drugs are made, or cooked, in small, dirty labs throughout the United States by people known as cookers.

Types of Club Drugs

- MDMA (Ecstasy) – Hallucinogenic Stimulant
- MDA – Hallucinogenic Stimulant
- Rohypnol – Depressant
- GHB - Depressant
- Ketamine – Depressant
- Synthetic Opioids - Depressant
- PCP – Hallucinogen
- Ephedrine – Stimulant

Side Effects of Club Drugs

- Feelings of euphoria
- Severe behavior changes
- Slurred speech
- Periods of anxiety and depression
- Dilated pupils
- Sleeplessness and / or severe fatigue
- Hallucinations and / or feelings of being outside ones body
- Severe rise of body temperature

Additional Information

- Additional information about all drugs of abuse can found by contacting your local Army Substance Abuse Program or by visiting the Army Center for Substance Abuse Programs online at www.acsap.army.mil.